

Deb's Kale Salad with Apple, Cranberries and Pecans

Author: Cookie and Kate Prep Time: 20 mins Total Time: 20 mins

Yield: 12 3x Category: Salad

★★★★★

5 from 68 reviews

A hearty, holiday-worthy raw kale salad with chopped Granny Smith apple, cranberries, toasted pecans and goat cheese, tossed in a zippy honey mustard dressing. It's both vegetarian and gluten free.

INGREDIENTS

SCALE 1x 2x 3x

Salad

- 1 1/2 cup pecans
- 24 ounce kale (I used regular curly green kale, but Deb recommends Cavolo Nero or Lacinato, Dinosaur or Tuscan Kale)
- 12 to 15 medium radishes
- 1 1/2 cup dried cranberries (or dried cherries)
- 3 medium Granny Smith apple
- 6 ounce soft goat cheese, chilled



Dressing

- 9 tablespoon olive oil
- 4 1/2 tablespoon apple cider vinegar (or white wine vinegar)
- 3 tablespoon smooth Dijon mustard
- 4 1/2 teaspoon honey or maple syrup
- Sea salt and freshly ground pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 350 degrees and spread the pecans on a baking tray. Toast them until lightly golden and fragrant, about 5 to 10 minutes, tossing them once or twice to make sure they bake evenly. Remove the tray from the oven and set them aside to cool.
2. Pull the kale leaves off from the tough stems and discard the stems. Use a chef's knife to chop the

kale into small, bite-sized pieces. Transfer the kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.

3. Thinly slice the radishes (this is easier to do if you first chop off the root end so you can place the base of the radish flat against your cutting board). Add them to the bowl.
4. Coarsely chop the pecans and cranberries (or cherries) and add them to the bowl. Chop the apple into small, bite-sized pieces and add it to the bowl as well. Crumble the goat cheese over the top.
5. In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Toss until the salad is evenly coated with dressing. Serve immediately, or for even better flavor, let the salad marinate in the dressing for 10 to 20 minutes beforehand.

NOTES

Recipe adapted from [The Smitten Kitchen Cookbook](#) by Deb Perelman.

Make it vegan: Omit the goat cheese, and use maple syrup instead of honey in the dressing.

If you love this recipe: Be sure to check out my [kale salads roundup here!](#)

▸ NUTRITION INFORMATION

The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice.

Nutrition Facts

Serves 4

Amount Per Serving

Calories 329

% Daily Value*

Total Fat 22.8g **29%**

Saturated Fat 4.4g

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 13.3g **0%**

Cholesterol 6.5mg **2%**

Sodium 192.5mg **8%**

Total Carbohydrate 29.6g **11%**

Dietary Fiber 4.7g **17%**

Sugars 23.7g

Protein 6.2g **12%**

Vitamin A 11% Vitamin C 16%

Calcium 9% Iron 7%

Vitamin D 1% Magnesium 14%

Potassium 13% Zinc 8%

Phosphorus 11% Thiamin (B1) 31%

Riboflavin (B2) 28% Niacin (B3) 7%

Vitamin B6 14% Folic Acid (B9) 24%

Vitamin B12 1% Vitamin E 16%

Vitamin K 906%

Did you make this recipe?

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#)

with the hashtag [#cookieandkate](#).

Recipe from Cookie and Kate: <https://cookieandkate.com/debs-kale-salad-with-apple-cranberries-and-pecans/>